



WELLNESS CENTRE

HEALTH AND WELLBEING

Hope City Mission has partnered with Neami National to provide health and wellbeing support to our clients through a Preventative Health Initiative.

The Preventative Health Initiative provides support to people aged over 18 who live in the Eastern Suburbs and are experiencing mild to severe mental health concerns. The aim is to make it easier to connect with, access and maintain the services they need to enhance their physical health.

During **one-on-one sessions**, a registered nurse will work with the individual to identify health goals and provide the support they need to achieve these goals. The support is tailored to meet their individual needs, and might include:

- A **comprehensive health check** which includes information and assistance relating to:
 - Breast, Cervical, Bowel Cancer Screening
 - Influenza Immunisation
 - Tobacco Management
 - **Personal support** to keep individuals motivated, such as telehealth or face-to-face meetings
 - **Coaching** to improve confidence to achieve health goals
 - **Referrals** to GPs, Allied Health, and other health providers
 - **Facilitating** attendance to GP and various Preventative Health appointments.
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A registered nurse will be onsite once a month (Thursday).

Appointments are essential.

Call 1800 865 299 to book.

WWW.HOPECITYMISSION.COM

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INFO@HOPECITYMISSION.COM

51 LUSHER ROAD CROYDON 3136

BRINGING HOPE TO OUR CITY



WELLNESS CENTRE

EYECARE SERVICES

Hope City Mission has partnered with the Australian College of Optometry to provide an affordable option to obtain glasses for those who are on a concession card or are homeless.

This outreach service provides optometry services to people with disadvantaged backgrounds and cannot attend a typical clinical space for eyecare services.

Eye tests are provided to:

- Assess and maximise a participants vision through the use of corrective lenses
- Screen for eye diseases such as cataracts, diabetic retinopathy, age-related macular degeneration and glaucoma
- Assess the functional performance of the eyes

This service will provide a comprehensive eye examination at **NO** cost to the client (bulk billed to Medicare).

Spectacles are heavily subsidised through the Victorian Eyecare Service (VES) for concession cardholders (pricing as of June 2020 to June 2021) with Pension Card/Healthcare Card:

- **Single vision glasses** with standard plastic frame starting from \$10
- **Bifocal glasses** with standard plastic frame starting from \$15
- **Multifocal glasses** with standard plastic frame starting from \$30
- **Metal frames** will cost an extra \$5

Please note transition tint or sunglasses tint, extra coating are not subsidised by the VES program.

A qualified optometrist will be on site on a Thursday throughout the year.

Appointments are essential.

Call 1800 865 299 to confirm clinic dates.

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